notes

EPISODE 3: BASIC SKIN HYGIENE AND HOW IT HAS RELEVANCE IN OVERALL HEALTH

Exploring skin hygiene today!

- Why is our skin hygiene important?
- Researchers estimate that there are 3000+ skin diseases affecting over I.8 billion people globally. In some countries, there is less than I dermatologist per million population, increasing the reservoir of poorly treated patients. Over I Billion people in need lack access to dermatological care. In some regions, individuals travel up to eight hours to access the nearest clinic. In some areas, waiting times for a dermatologist appointment can reach two years. (Source: World Skin Health Day)
- Skin covers the whole body. Our skin is constantly growing new cells as the dead cells fall away from the body.
- Our skin produces sweat to cool us in hot conditions. Sweat leaves salt and sebum on the skin, which is why daily bathing is important to remove these from the skin. Soap and water plus scrubbing works to clean the skin.

- **Bathe from head to feet daily**
- **Use water and soap plus scrubbing motion**

- **The surface of our skin is made of ever-changing cells that are stacked like the tiles of a roof**